

HEALTHY WORKPLACE HEALTHIER EMPLOYEES



Cigna's wellness seminars set the stage for a healthier workplace that leads to healthier employees. The seminars are part of Cigna's integrated wellness curriculum that brings valuable information and programs to your employees.

What are the seminars?

The seminars are a well designed, proven series of presentations that can be tailored to your employees' needs. Each seminar is a self-contained package, presented by one of our highly-trained, Health Educators. Health Educators hold a Bachelors and/or Masters degree in health related fields such as, Exercise Science, Health Education and Nutrition. The interactive sessions are complete with handouts and presentation materials, and are specifically designed to be informative and engaging.

The Cigna Onsite Wellness catalog includes the most up-to-date information on over 65 health topics, including:

- Back care
- Cancer
- Heart Disease
- Diabetes
- Weight management
- Nutrition
- Stress Management
- Sleep

Planning your seminar program

Through our comprehensive identification tools, we have intimate knowledge of your employees' health needs. We can recommend the right health topics to address your health concerns and ensure the delivery of the seminar fits your company culture.

We will match a presenter to your population and they deliver the program to your site, when and where you choose.

Just four weeks' notice is all that's needed to schedule seminars and get a program started.

Onsite Health Coaching.

In addition, you may wish to supplement your wellness plan with hourly onsite health coaching. The Health Educators trained to present the seminar can also meet one-on-one with your employees to offer helpful health information and guidance. Coaches can be brought onsite on an hourly basis (minimum of 4 hours) to discuss your choice of targeted health topics, but may address employee-specific health issues as well. We also offer a seminar, plus 3 hour of coaching combo. By devoting personal attention to every employee, we can effectively engage people to take a more active role in their health, leading to both short- and long-term healthy behavior changes.

GO YOU®



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